Contacting U.S. Senators

Senators of the 119th Congress

Choose a state | Choose a senator

Choose a class

Suite & Telephone List (PDF) | XML

All questions and comments regarding public policy issues, legislation, or requests for personal assistance should be directed to the senators from your state. Please be aware that as a matter of professional courtesy, many senators will acknowledge, but not respond to, a message from another senator's constituent.

Options for Contacting Senators

- *Web contact forms are available on most senators' websites*
- *Postal Addresses*
    - Addresses for each senator can be found on the senator's website or state's web page
    - The following standard address can be also be used:
      The Honorable (Name)
      United States Senate
      Washington, DC 20510

      For correspondence to a Senate committee or to a Senate committee chair:

      (Name of Committee)
      United States Senate
      Washington, DC 20510

      Please include your return postal mailing address when corresponding with a Senate office.
- *Telephone*
    - Phone numbers are available on each state's page or on your senator's website
    - Senators Suite & Telephone List (PDF)
    - A U.S. Capitol Switchboard operator can also connect you directly with the Senate office. (202) 224-3121